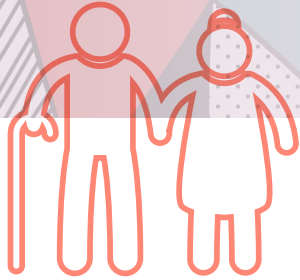


TAKING CARE OF SENIORS

AND FACILITATING THEIR DAILY ROUTINE

DURING A PANDEMIC



Indigenous Services
Canada



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

BASIC NEEDS

- Make sure that they do not run out of supplies and that they have the medicines they need.
- Make sure that they are eating well and maintaining a meal routine (three meals a day).
- Make sure that someone is assigned to doing the laundry (clothes, sheets, towels).
- Pay attention to their pets to ensure that they have everything they need.
- Make sure that they have easy access to mobility aids (cane, stick, walker) and other health and hygiene products (glasses, toiletries, etc.).

DAILY ACTIVITIES

- Make sure that they have good lighting and that things useful for living and everyday tasks are within their reach.
- Think about establishing a strategy for managing garbage (the senior handles it on their own, the senior places the garbage on their porch and someone comes to put it by the road, etc.).
- Provide them with information on the resources available in the community in times of crisis (meals-on-wheels, food bank, nutritionist, general assistance services, psychosocial support, medical transportation, etc.).
- Make sure that there are no bulky or dangerous objects which can cause a fall.
- Remind them to stay active if possible (by stretching or taking walks, for example).

CONTACT WITH THE ENTOURAGE

- Make sure that they have access to a means of communication at all times (telephone, computer, etc.).
- Stay in touch and inquire about their condition on a regular basis.
- Offer to create a phone list of people whom they can call if they need to or just to chat.

ACCESS TO INFORMATION

- Make sure that they are aware of updates and that they keep themselves moderately informed and always from reliable sources of information.
- Check that they understand the important information which concerns them (health care, medicines, community guidelines, public health guidelines, etc.).
- Make sure that they have access to the contact information for resource people and emergency services.

HELPLINES

Community helpline: _____

The First Nations and Inuit Hope for Wellness Help Line can be accessed by calling 1 855 242 3310

Revivre help line (for anxiety, depression, etc.): 1-866-738-4873